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Delegate gets ousted from city hall over chicken

For clucks sake.
Councillor cries fowl over 'lack of decorum' in backyard chicken bylaw meeting

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A Winnipeg city hall meeting resembled a barnyard more than usual after a delegate brought a live chicken in to the council chamber room.

Dozens of residents, including entire families, attended the protection and community services committee meeting in support of a motion to allow chickens in the backyards of homes within the city limits.

There were so many people in attendance that the meeting was moved from a smaller room to the city council chamber.

Natalie Carreiro, who was the first delegate to speak in favour of backyard chickens, said her cousin started keeping chickens in San Diego, after the California city approved it.

"Chickens suffer from really bad PR," Carreiro said during her presentation. "Chickens can be friendly, social, clean and make wonderful pets in addition to providing you a benefit with golden eggs."

Several speakers emphasized that they're not asking for roosters, nor are they requesting for the ability to slaughter the chickens.

Louise May, who owns Aurora organic farm in St. Norbert and once ran for city council, got the attention of committee chair Coun. Paula Havixbeck and city hall security when she produced her hen Gertrude out of a box in her bag. As she tried to speak to the benefits of owning chickens, Havixbeck ordered her out of the chamber.

"I think there's a lack of decorum," said Havixbeck, referring to the appearance of Gertrude. "Somebody coming in and breaking the law, essentially, is not appropriate."

Currently, chickens are considered "exotic animals" and therefore not allowed.

The committee, made up of Havixbeck, Coun. Ross Eadie (Mynarski), Coun. Harvey Smith (Daniel McIntyre) and Coun. Thomas Steen (Elmwood-East Kildonan), referred chickens into the responsible pet ownership policy currently being worked on by the City of Winnipeg's Animal Services branch.

Louise May, who owns Aurora organic farm in St. Norbert, pulled out her hen Gertrude during Monday's protection and community services committee meeting at city hall. BERNICE PONTANILLA/METRO

A starlet is born?

After grabbing headlines this summer for her meltdown on an Air Canada flight, senator's wife Maygan Sensenberger has signed a film deal PAGE 6

Superstorm Sandy's sabotage

Torontonian killed by sign; New York City hospital evacuates patients after losing backup power PAGE 8

Punk'd!

Don't be fooled by the photos, says Kunis — she isn't expecting Kutcher's kid PAGE 16

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Manitoba's We Day is here

Youth empowerment. Roster of speakers and entertainers is set to inspire thousands of students at MTS Centre

SHANE GIBSON
shane.gibson@metronews.ca

No fewer than 18,000 students from as many as 600 schools are expected to pack the MTS Centre on Tuesday for We Day Manitoba 2012.

For the second year in a row, Free The Children founders Craig and Marc Kielburger are bringing their message of youth empowerment to Winnipeg.

"The whole concept of We Day is inspiring the next generation of young leaders here in this province to become agents of positive social change both locally and globally," explained Marc on Monday, between rehearsals for the big event.

"These kids get it — especially in this province — they understand that they have a huge responsibility and a lot of challenges in the world that they're inheriting."

Marc's younger brother, Craig, started Free The Children in 1995 when he was just 12 after reading about a boy his age in South Asia who had been forced into child labour.

What started as a small group of Craig's friends has since turned into an international charity and educational partner with more than 1.7 million youth involved in over 45 countries.

We Day is an annual event put on by Free the Children,. It travels the country, and sees celebrities, musicians and heroes share their inspirational stories with young people.

Tuesday's event in Winnipeg includes speeches from the former president of the Soviet Union, Mikhail Gorbachev; Honourable Justice Sinclair, Chair of the Truth and Reconciliation Commission and Manitoba's first aboriginal judge; and Winnipeg's own social activist Hannah Taylor, 16, founder of the Ladybug Foundation.

Entertainers on the bill include Shawn Desmond, Canadian electro-rocker Lights, and Allstar Weekend.

No tickets were sold for We Day Manitoba, and all of the students and educators invited earned their way to the event by committing to take action on at least one local and one global issue as part of Free the Children's year-long programming.

Follow Shane Gibson on Twitter @tsgibson

Event speaker

Woman who lost sight to talk about bullying

When Molly Burke lost her sight and began to be bullied at the age of 14, she couldn't have imagined she'd be telling her motivational story to an arena full people just four years later.

But that's exactly what Burke will do at Tuesday's We Day Manitoba event.

"My message is one of hope," explained Burke, who battled depression after a rare genetic eye disease called retinitis pigmentosa took her vision.

"My goal is to reach out to youth that may be dealing with a similar situation or just going through a hard time and let them know that it gets better, be strong, it's going to be OK and you're not alone."

Burke is one of a number of speakers and entertainers scheduled to take the stage at We Day Manitoba. METRO

Free The Children founders Marc and Craig Kielburger rehearse their speeches, Monday afternoon, for Tuesday's We Day Manitoba event at the MTS Centre. SHANE GIBSON/METRO

Gorbachev gets Key to the City

Mayor Sam Katz presents former president of the Soviet Union and Nobel Peace Prize winner Mikhail Gorbachev with the Key to the City at the We Day Manitoba Welcome Dinner in Winnipeg, Monday night. We Day speaker and motivator Spencer West, who was born with no legs yet climbed Mount Kilimanjaro earlier this year, was also given a key. SHANE GIBSON/METRO

Equipment drive. Winnipeg nets used hockey gear for kids

Mayor Sam Katz passed bags of used hockey gear on to KidSport Monday after scoring the equipment from Winnipeggers during a city-wide drive over the past two weeks.

"I'd like to thank all the Winnipeg families and players who contributed equipment to this hockey drive," said Katz in a release. "Thanks to our partners KidSport, Hockey Manitoba and Winnipeg Minor Hockey, I know that many young hockey players will be able to make immediate use of this gear."

"Hockey equipment is always in high demand," said Jeff Hnatiuk, president and CEO of Sport Manitoba, which runs the KidSport program.

"We appreciate the support we've received from the City of Winnipeg in helping to give kids the opportunity to play and experience the positive benefits of sport." METRO

Two-week campaign

- The equipment was collected at city hall and 15 city-owned arenas from Oct. 15-28. Play it Again Sports picked up the assist with a donation of hockey and ringette sticks.

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Weekly Transit News Update

HAVE A SAFE AND HAPPY HALLOWEEN

Winnipeg Transit would like to wish everyone a safe and happy Halloween. We'd also like to remind parents to let their youngsters know that Winnipeg Transit buses are always a safe place to go if they need assistance. Here are a few more safety tips your little ghost or goblin should keep in mind this Halloween:

- Walk on the sidewalk whenever possible
- If there's no sidewalk, walk on the side of the road facing traffic
- Look both ways and cross only at corners and crosswalks

YOU HAVE THE POWER

Winnipeg Transit's "power hour" transfer can take you wherever you want to go in 60 minutes. You can make stopovers along the way or even return trips on one fare as long as you ride within the time limit shown on your transfer. Transfers must be requested when you pay your fare. For more info, visit our website.

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Bus passes may be replaced by e-passes next year. METRO

Passing on pass? City, transit to mull e-card

Winnipeg Transit and city officials are hoping a new system would see riders using an e-card instead of flashing a pass.

The City's infrastructure and renewal committee will hear a proposal from city administrators Tuesday that suggests adding e-cards as a way to pay, instead of the regular monthly bus pass.

In addition, the e-pass would be valid for 28 days instead of a month, meaning passengers would need to buy an e-pass every four weeks instead of at the beginning of each month. According to the report to be tabled, the e-passes would not cost more year-over-year than the previous monthly bus passes.

Officials will also propose a period pass, which will allow people an unlimited number a rides beginning at 4 a.m. of the start date and ending at 12 a.m. of the end date, as well as a semester pass, aimed at university students.

An annual pass will also be proposed, which will include a discount of one four-week period for those who buy it.

The new system would be implemented late next year, with new scanners being installed on buses early next year.

Several cities in Canada are currently eying the e-card model, including Ottawa, Calgary and Edmonton, with hopes to have it in place by next year. ELISHA DACEY/METRO

Fire Chief Reid Douglas answers councillors' questions as City of Winnipeg CAO Phil Sheegl, centre, and COO Deepak Joshi chat. BERNICE PONTANILLA/METRO

Officials in hot seat over fire hall

Not enough answers. Councillors get heated during meeting

BERNICE PONTANILLA
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Councillors on a City of Winnipeg committee spent more than two hours grilling senior city officials before opting to pass the hot-potato issue of fire station No. 11 to Mayor Sam Katz's executive policy committee.

The fire station, which is being built on a cloverleaf on Portage Avenue near Polo Park mall, is $2.5 million over budget — money that is now being sought from city council.

During Monday's protection and community services committee meeting at city hall, fire Chief Reid Douglas said he learned of the cost overruns in August.

"(We were told) there was going to be a significant cost increase due to two years (of) post-design and increased construction costs," Douglas told reporters after the meeting, adding he took the information to City CFO Mike Ruta right away.

"He gave us a way forward and said we need to go to council, we need to present an over-expenditure report, but unfortunately council was prorogued for the summer and we would have to wait until September to bring in the report."

Douglas, along with City of Winnipeg CAO Phil Sheegl and COO Deepak Joshi, were in attendance to answer the councillors' questions, which at one moment became so heated between the officials and Coun. Ross Eadie (Mynarski) that a break was called.

Coun. Paula Havixbeck (Charleswood-Tuxedo-Whyte Ridge), whose motion asking CAO Phil Sheegl to report back more details on $2.5-million failed, said the report created more questions and she only got "some answers."

"I still don't know the breakdown of what the actual costs were for. That's the biggest, most frustrating thing," said Havixbeck after the meeting.

Havixbeck said she believes the $2.5 million should be found within the 2012 budget and not, as the senior officials suggested, be taken from the 2013 budget.

"My concern is we delay projects," she said, referring to two fire halls that are slated for 2013-14. "So next year we aren't going to have one? Or this will cut into that total amount that was allocated. That's very frustrating, so, it's impeding things on a longer term."

Winnipeg Airports. Third quarter looking strong

Winnipeg Airports Authority Inc. (WAA) is soaring high with their latest financial report.

The non-share capital corporation responsible for the management and operation of James Armstrong Richardson International Airport announced revenue of $22.2-million for the third quarter Monday, up from $21.2-million over the same period in 2011.

"We are pleased to note the continued growth of passengers and revenues throughout the quarter," said WAA president and CEO Barry Rempel on the corporation's website. "Critical to our revenue diversification strategies, the third quarter included the announcement of important airport campus developments, continuing our contribution to community by leveraging assets to create employment growth."

The WAA's earnings before interest, depreciation and taxes were $12.4 million, consistent with 2011's third quarter. METRO

Boost

$22.2M

The revenue reported by the corporation overseeing Winnipeg's airport

Charity game. 'Peggers to see NHL players in action

Despite the National Hockey League lockout, Winnipeg residents will get to see some pro hockey players in action.

Andrew Ladd and Mark Stuart, who normally play for the Winnipeg Jets, are helping to organize a charity game for Nov. 17 at the University of Manitoba.

The players have invited other NHLers, including Jonathan Toews and Blake Wheeler, but some of those invited have left to play in Europe.

The event will raise money for Manitoba children's charities, including the Children's Hospital Foundation.

Tickets are $20. THE CANADIAN PRESS

Winnipeg Jet Andrew Ladd SHANE GIBSON/METRO

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Country stars. Carrie Underwood, Taylor Swift to play Winnipeg

Winnipeg will get a double dose of female country-pop stars next year.

Carrie Underwood will continue her Blown Away Tour next year with a stop at the MTS Centre on May 15. Tickets will be available through Ticketmaster on Nov. 2.

The following month, Taylor Swift will be touring in support of her new album, Red, and is the first musical act booked for the new Investors Group Field. She will be in town on June 22 of next year. Ticket information will be announced shortly.

While both women identify themselves as country singers, several of their songs have found their way onto pop charts. ELISHA DACEY/METRO

Taylor Swift is coming to Winnipeg next year. THE ASSOCIATED PRESS

Law and order

Jail guard facing assault charges

A Winnipeg corrections officer is facing assault charges for allegedly beating a prisoner.

Police say the 30-year-old woman got into a verbal dispute with an inmate at the Winnipeg Remand Centre on Aug. 30. The officer is alleged to have struck the inmate multiple times.

THE CANADIAN PRESS

Aboriginal Music Week. Fourth annual festival showcases diversity

Six days, 12 concerts, 34 acts, one nation. Aboriginal Music Week 2012 kicks off Tuesday and runs through Sunday at various downtown Winnipeg venues.

The fourth annual festival showcases the diversity of aboriginal music, presenting First Nations, Inuit, Métis and Native American musicians performing hip hop, electronic, world, folk, rock, country and blues music. AMW features such acts as Inuk throat singer Tanya Tagaq, Oklahoman/Choctaw artist Samantha Crain and Apache guitarist Stevie Salas.

"Stevie's played for George Clinton, Rod Stewart and Mick Jagger," said Alan Greyeyes, AMW chairperson and head of programming. "He did the guitar playing for Bill and Ted's Excellent Adventure and he's been a songwriting coach for American Idol in the past; just a genuine rock star."

Another aboriginal act that Greyeyes is especially excited about is A Tribe Called Red. The Ottawa DJ crew mixes traditional pow wow music with contemporary club sounds, a combination its dubbed "pow wow step".

"Pow wow culture is still really vibrant," said DJ NDN, one third of the 2012 Polaris Music Prize-nominated group. "It's not that we're doing something completely different than what pow wow is or has been, we're just finding a way to be make it current and urban, reflect where we are now as a nation that's become urbanized."

A Tribe Called Red plays Friday at the Pyramid Cabaret with Brazilian funk carioca warrior Zuzuka Poderosa, a night dubbed the Electric Pow Wow. Greyeyes hopes programming these cutting-edge acts will not only attract Winnipeg's young, urban Aboriginal population, but also a non-aboriginal audience.

"We're targeting an Aboriginal audience, but we're also trying to bridge the gap between the aboriginal music community and the general public," Greyeyes said. "These are not only aboriginal artists; they're great artists, world-class artists."

For more information on AMW, including venue and ticket info, visit aboriginalmusicweek.ca.

JARED STORY/FOR METRO

A Tribe Called Red brings its "pow wow step" sound to Aboriginal Music Week. CONTRIBUTED

Senator's wife aims to change public image

Maygan Sensenberger. The 23-year-old wife of a 69-year-old Liberal senator doesn't want to be known as 'the crazy Air Canada lady'

As her face flashed across television screens throughout the Saskatoon airport's boarding area, Maygan Sensenberger slunk a little lower into her seat.

An aspiring actress and model, she'd always dreamed of being famous. Just not like this.

All Sensenberger, 23, wanted to do was get home to Ottawa after pleading guilty to causing a disturbance on an Air Canada flight she took in August along with her 69-year-old husband, Liberal Sen. Rod Zimmer.

But her sensational case — she was accused at one point of threatening to kill her husband — had attracted intense media scrutiny and public interest. Even pictures from her Facebook page were reprinted around the world.

So here she was, sitting in the departure lounge, her face splashed on television. Total strangers were snapping cellphone photos. Airports, once her favourite places, were suddenly a lot less fun.

"It gave me a taste of what travelling is going to be like," Sensenberger said during a recent interview in her husband's Senate office.

"Are people sitting around me thinking I'm the crazy Air Canada lady?"

The Air Canada incident might be what Sensenberger is known for now, but it won't be how she's remembered, she vows.

"I plan to be big ... It might take me 40 years, but I'm never going to stop," she says.

Read the whole interview at metronews.ca/Winnipeg.

THE CANADIAN PRESS

Fame

Maygan Sensenberger wants to be famous for something other than disrupting a flight.

- **Limelight.** After the incident, she snagged roles in two independent movies.

Maygan Sensenberger, wife of Sen. Rod Zimmer, is interviewed on Parliament Hill on Oct. 25. SEAN KILPATRICK/THE CANADIAN PRESS

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Social media used as means for child trafficking

Real dangers. Seemingly innocent flirtation leads to horror as predators find new tools to entrap girls

When a 14-year-old girl received a Facebook friend request from an older man she didn't know, she accepted it out of curiosity. It's a click she will forever regret, leading to a brutal story that has repeated itself as sexual predators find new ways to exploit Indonesia's growing obsession with social media.

The junior-high student was quickly smitten by the man's smooth online flattery. They exchanged phone numbers, and his attention increased with rapid-fire texts. He convinced her to meet in a mall, and she found him just as charming in person.

Predators on Facebook

"So far this year, 27 of the 129 children reported missing (in) Indonesia ... (were) abducted after meeting their captors on Facebook."

Merdeka Sirait, chairman of the National Commission for Child Protection.
One of the 27 has been found dead.

They agreed to meet again. After telling her mom she was going to visit a sick girlfriend on her way to church choir practice, she climbed into the man's minivan near her home in Depok, on the outskirts of Jakarta.

The 24-year-old man, who called himself Yogi, drove for an hour to the town of Bogor. He locked her in a small room inside a house with five others.

THE ASSOCIATED PRESS

In this Oct. 19 photo, Indonesian youths browse at a cafe. There are eight cases this month of girls being abducted. TATAN SYUFLANA/THE ASSOCIATED PRESS

Myanmar. Violence between Muslims and Buddhists raises concern

Survivors of ethnic clashes in western Myanmar lashed out at the government Monday for failing to prevent violence between Muslims and Buddhists that has displaced more than 28,000 people over the last week.

The crisis, which first began in June, has raised international concern and posed one of the biggest challenges yet to Myanmar's reformist President Thein Sein, who inherited power from a xenophobic military junta last year.

The latest violence between ethnic Rakhine Buddhists and Rohingya Muslims began Oct. 21 and has left at least 84 people dead and 129 injured, according to the government. Human-rights groups believe the true toll could be far higher.

"The authorities are not solving the problem and soldiers are not defending us," said Kyaw Myint, a Muslim man who took refuge at Thechaung camp, outside Sittwe. He fled his home in nearby Pauktaw when it was torched Wednesday.

"I feel as though I am in hell," he said. "We have no one to take care of us, no place to go, and now no job to earn a living."

Root cause

"We are helpless because the government is not dealing with the root of the problem."

Rakhine trader Maung Than Naing, 37

A 37-year-old Rakhine trader named Maung Than Naing, reached by phone in the village of Kyauktaw, also expressed anger over the government's handling of the violence.

"We are helpless because the government is not dealing with the root of the problem," he said. "We no longer want to live with the Muslims."

Maung Than Naing, who also lost his home in an arson attack, blamed the Rohingya for breaking the calm.

"These poor Muslim people who live hand to mouth burned their own homes so that they enjoy the UN aid where they are given shelter and free food," he said. Although many Rohingya have lived in Myanmar for generations, they are widely denigrated as intruders.

THE ASSOCIATED PRESS

Mauritius

Hundreds of monkeys bred for labs, killed: Animal activists

An animal-rights group has published pictures and video of hundreds of monkeys the group says were killed by a primate breeding farm on the island nation of Mauritius.

The animal rights group BUAV said the monkeys are being bred for sale to labs in the U.S. and Europe.

The group says the monkeys were killed because they had grown too big to sell. BUAV says the killings took place at a lab called Noveprim.

THE ASSOCIATED PRESS

Egypt

Coptic Christians to select a new pope

A council of Egypt's Coptic Christians voted on Monday in a process that will lead to the selection of a new pope for the ancient church, as the community struggles to assert its identity and rights amid a rising tide of Islamism that has left many Copts fearful for their future. The succession follows the March death of Pope Shenouda III at the age of 88, after 40 years as the leader of the Coptic Orthodox Church.

THE ASSOCIATED PRESS

Welcome to Sandy land

The Hudson River swells and rises over the banks of the Hoboken, N.J., waterfront as superstorm Sandy approaches on Monday. CHARLES SYKES/THE ASSOCIATED PRESS

Faster, stronger than expected. A Toronto woman was killed by flying debris as high winds whipped the city

Superstorm Sandy slammed into the New Jersey coastline and hurled a record-breaking four-metre surge of seawater at New York City on Monday, roaring ashore after washing away part of the Atlantic City boardwalk and putting the presidential campaign on hold. At least 10 deaths were blamed on the storm.

The 10 deaths were in New Jersey, New York, Maryland, Pennsylvania and Connecticut. Police in Toronto said a woman was killed by a falling sign as high winds closed in on the city.

Just before its centre reached land, the storm was stripped of hurricane status, but the distinction was purely technical, based on its shape and internal temperature. It still packed hurricane-force wind, and forecasters were careful to say it remained every bit as dangerous to the 50 million people in its path.

The National Hurricane Center announced at 8 p.m. that Sandy had come ashore near Atlantic City. The sea surged a record of nearly four metres at the foot of Manhattan.

Later Monday night, New York City Mayor Michael Bloomberg said backup power was lost at New York University hospital and the city was working to move people out. Few parts of lower Manhattan still had power, he added.

Sandy knocked out electricity to more than 1.5 million people and figured to upend life for tens of millions more. It smacked the boarded-up big cities of the northeast corridor, from Washington and Baltimore to Philadelphia, New York and Boston, with stinging rain and gusts of more than 135 km/h.

As it made its way toward land, it converged with a cold-weather system that turned into a fearsome superstorm, a monstrous hybrid consisting not only of rain and high wind but of snow. Forecasters warned of six-metre waves bashing into the Chicago lakefront and up to 90 centimetres of snow in West Virginia.

Hundreds of thousands of people were under orders to move to higher ground. The storm knocked out electricity to more than a million people, and storm damage was projected at $10 billion to $20 billion, meaning it could prove to be one of the costliest natural disasters in U.S. history. THE ASSOCIATED PRESS

A man struggles with his mangled umbrella in Baltimore, Md., Monday. JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Vessel made in Canada

Coast guard searches for ship's captain

A Canadian-built replica 18th-century sailing vessel got caught in storm Sandy's wrath and began taking on water Monday, forcing the crew into lifeboats in rough seas near North Carolina.

The U.S. Coast Guard rescued 14 people by helicopter and spent much of the day searching for two missing crew members.

One of them, 42-year-old Claudene Christian, was taken to hospital where she was pronounced dead, according to reports. Rescuers continued to search for the missing captain of the HMS Bounty, 63-year-old Robin Walbridge. Both Christian and Walbridge were wearing survival suits designed to help keep them afloat and protected from cold waters for up to 15 hours. THE ASSOCIATED PRESS

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Halloween lights up retailers' eyes, too

Sweet deal. Trick-or-treat spending expected to top out at $1.5 billion this year

JESSICA SMITH
Metro in Toronto

Roughly $16.7 million worth of pumpkins were produced in Canada last year, according to Statistics Canada. TORSTAR NEWS SERVICE FILE

There are almost 3.8 million kids of prime trick-or-treating age in Canada this year and families are spending enough on candy to give them all a killer sugar high, according to Statistics Canada.

Canadians are expected to spend $1.5 billion on Halloween-related purchases again this year, as they did in 2011, according to Consolidated Credit Counseling Services of Canada.

Candy, confectionery and snack food sales skyrocket every October, according to Statistics Canada, which publishes a list of Halloween statistics every year. Sales totaled $355.9 million in October 2011, almost $80 million higher than the average month of sales that year.

Even pumpkins play a significant role in the Canadian economy in the fall, with $16.7 million worth produced in Canada last year, according to Statistics Canada.

According to the Bank of Montreal, Halloween is helping Canadians boost retail spending higher this year than last.

"Retailers have enjoyed some growth despite a challenging economy and mixed signals from consumers throughout this year. We expect retail sales for the month of October to be up slightly more than 2 per cent from a year ago for a total of $39.5 billion," said Doug Porter, Deputy Chief Economist, BMO Capital Markets.

By the numbers

$75

In a poll conducted in September, the Retail Council of Canada found Canadian households with children plan to spend an average of $75 on Halloween purchases this year.

$24

The study found people who live alone intend to spend an average of $24.

75-100%

Half of the people polled said they plan to spend 75 to 100 per cent of their budget on candy.

Popping on costumes of pop culture icons most popular way to celebrate

Masks of American presidents flew off the shelves of a popular Toronto costume shop this year — but prime minister masks are harder to find.

Malabar, a theatrical costume and dance shop, was so packed with costume hunters on the weekend before Halloween they hired security, which controlled a lineup that went out to the street.

Alana Sambey, a dancewear expert who becomes a Halloween costume expert every fall, said the store's elaborate masks are always popular.

"There's always political stuff, they want Obama or Bush — he's really popular — and (Bill) Clinton," she said. "They sold out pretty fast."

Customers often ask for Canadian politician masks — especially of Stephen Harper — but the store hasn't found a manufacturer that makes them, she said.

This year's most popular costumes are Catwoman and Bane from the Dark Knight Rises, Sambey said. Superheroes of all kinds — from the current movies or timeless comics — are always popular, she said.

"People come in looking to be inspired," she said. "But I love when people are making their own costumes. When they say they're looking for this and this, and avoid buying a packaged costume, I love helping them out."

JESSICA SMITH/METRO IN TORONTO

Dancewear expert Alana Sambey holds up a Bane costume at Malabar on Monday morning. JESSICA SMITH/METRO IN TORONTO

U.S. presidents — Obama, Clinton and Bush — remain a popular costume choice north of the border. PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTOS: GETTY IMAGES FILES

DON'T

Absolutely don't try any of these when it comes to your Halloween costume:

1. **Be a racist.** At the Campbellford Royal Canadian Legion hall in 2010, one man went as a Ku Klux Klan member and another went in blackface, wearing a noose. They won "best costume." The president of the legion, who was not at the event, later issued an apology.
2. **Be a Nazi.** In 2005, Prince Harry dressed up as a Nazi at a costume party. It's not any more appropriate at Halloween.

GETTY IMAGES FILE

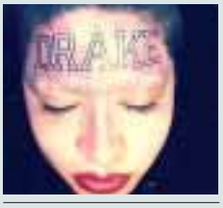
3. **Go naked.** It's probably also a bad idea to "dress up" as Prince Harry in Vegas — at least if you plan on going out in public.
4. **Be a perv.** Some pre-made Halloween costumes are truly atrocious. "Dr. Howie Feltersnatch, gynecologist" may give you a giggle when you read his name tag — but not everyone's going to laugh.
5. **Go in blackface.** At a homecoming pep rally in Waverly, N.Y., this fall, three white students put on blackface and re-enacted Chris Brown beating Rihanna. Neither blackface nor domestic abuse make for great Halloween costumes.
6. **Be a "Happy priest" or "Sexy nun."** Package costumes for women that take religious figures and cultural stereotypes and make them "sexy" for women and add a fake erection for men are bound to offend.

Not everyone will find a sexy nun costume funny. ISTOCK

DO

Try out one of these great #lastminutecostume suggestions from Metro readers:

- @rangina told us she bought $2 eyeliner to become "the woman who tattooed DRAKE on her forehead." A woman from L.A. did just that in 2011 and the photos of her real, permanent tattoo went viral.



- For the less controversial, try @mlo10's suggestion. She tweeted, "@metrotoronto paperbag princess! Inside out leaf bag, rope, and a tiara."

Michelle Janzso tweeted this photo of her Paper Bag Princess costume. CONTRIBUTED

- The politically inclined can be Clint Eastwood at the Republican Convention. Wear a suit, bring a chair. That way if you end up alone at the party, you still have someone to talk to.

Going out in Gangnam Style

Psy says he'll be dressing his best this Halloween because his fans from around the world will be dressing up as him.

The South Korean rapper of Gangnam Style fame, whose real name is Park Jae-sang, went on Reddit last week to answer questions from fans on everything from how he and his family are handling his speedy rise to global fame to what he'll be wearing on Oct. 31.

"I heard my costume is costume of the year, so this Halloween I gotta dress more classy, as classy as possible," he wrote, adding that South Korea doesn't celebrate Halloween.

Psy will be performing for the first time in Canada Tuesday night at the Kool Haus in Toronto, as part of a promotion for Samsung. The first 25 people at the door with a Galaxy device and the best five Psy impersonators will be let in, but all of the other tickets have been given away, according to the phone company.

If dressing up as Psy and the other characters from Gangnam Style proves to be as popular as the music video, there may be millions of Psy Oppa's out tomorrow night. Good thing there are a number of looks to chose from.

Playground/Beach Psy: You'll need: Pink shorts, white collared shirt, orange ascot or silk scarf, tortoiseshell sunglasses, and glass of cola to spit everywhere.

Psy in the stables: You'll need: A black suit or tux, black shirt, white bow tie, black shades, black and white oxfords, a talent for horse dancing.

Garbage Psy: You'll need: A blue blazer, black shades, black pants, white shirt, black bow tie and some friends who are willing to throw garbage at you.

Psy in the sauna: You'll need: A blue towel, black shades and little modesty.

Gangnam Girl: You'll need: A flowing white shirt, white socks and sandals, and sparkly shorts (or shorts, sequins and a glue gun).

Yelling at yoga butt Psy: Adventurous couples will need: Black suit jacket, black shades, black bow tie, khakis, a white sleeveless shirt and yoga gear.

Nong Chul and Psy in the elevator: To be comedian Nong Chul you'll need: Straw hat, lime green T-shirt and a hole punch, white shorts and some fabric pens, construction paper, glue and a necklace chain, black sandals.

To be Psy you'll need: A black suit, black bow tie, black shades and a healthy level of comfort with the friend who is going as Chul.

PHOTO ILLUSTRATION: DAVID VAN DYKE/METRO; PHOTO: GETTY IMAGES FILE

JESSICA SMITH/METRO IN TORONTO

Sandy's economic forecast: plenty of short-term pain

Weathering the storm. Despite current havoc, hurricane's effect on overall growth will be offset by reconstruction

A woman carries bags back to her car after visiting a storm-proofed grocery store — which boarded its windows, but stayed open for business — on Monday in Sayville, N.Y., ahead of Hurricane Sandy. The superstorm assaulted the U.S. East Coast Monday, forcing the shutdown of mass transit, schools and financial markets, sending coastal residents fleeing, and threatening a dangerous mix of high winds and soaking rain. JASON DECROW/THE ASSOCIATED PRESS

Airlines cancelled thousands of flights and stranded travellers. Insurers braced for damages of up to $5 billion US. Retailers expected shrunken sales.

Hurricane Sandy is causing disruptions for companies, travellers and consumers. But for the overall economy, damage from the storm will likely be limited. And any economic growth lost to the storm in the short run will likely be restored once reconstruction begins, analysts say.

Preliminary estimates are that damage will range between $10 billion US and $20 billion US. That could top last year's Hurricane Irene, which cost $15.8 billion US.

If so, Hurricane Sandy would be among the 10 most costly hurricanes in U.S. history. But it would still be far below the worst — Hurricane Katrina, which cost $108 billion US and caused 1,200 deaths in 2005.

"Assuming the storm simply disrupts things for a few days and it doesn't do significant damage to infrastructure, then I don't think it will have a significant national impact," Mark Zandi, chief economist at Moody's Analytics, said Monday. The economic impact could be more severe if the storm damages a port or a major manufacturing facility such as an oil refinery, Zandi noted. THE ASSOCIATED PRESS

Financial markets

Storm surges into earnings season

A number of major U.S. companies postponed quarterly earnings reports scheduled for Monday and Tuesday, as Hurricane Sandy barrelled into the U.S. East Coast and caused the first unplanned shutdown of financial markets since Sept. 11, 2001.

The New York Stock Exchange, Nasdaq and CME Group in Chicago closed Monday. The last time the NYSE closed for a weather event was in 1985, when Hurricane Gloria hit the East Coast.

Stock trading will be closed in the U.S. for a second day Tuesday as the hurricane moves inland. THE ASSOCIATED PRESS

Budget officer. Slower growth could take $22B bite out of economy

Canada's budget watchdog says slower growth will sap about $22 billion annually from the country's economy.

Parliamentary Budget Officer Kevin Page says in a new report that he anticipates economic growth will brake to an annual rate of 1.6 per cent in the second half of this year, after slowing to 1.8 per cent in the first half.

He's not much more optimistic going forward, forecasting tepid growth rates of 1.5 per cent in 2013 and two per cent in 2014. That's at the bottom of most economic forecasts and well below the Bank of Canada's projections of growth rates of 2.2 per cent in 2012 and 2.3 and 2.4 per cent in the two years after that.

The PBO says the removal of government stimulus has robbed about one percentage point of growth from the economy. At the weaker levels, the PBO says Canada's nominal gross domestic product, from which Ottawa derives tax revenues, will be $22 billion lower annually. THE CANADIAN PRESS

Market Minute

DOLLAR
99.92¢
(-0.28¢)

TSX 12,312.75 (+12.45)

OIL $85.54 US (-$0.74)

GOLD $1,708.70 US (-$3.20)

Natural gas: $3.471 US (+7.1¢)
Dow Jones: Closed due to storm

Coffee wars

McDonald's taps into daily grind

McDonald's will launch take-home ground coffee on Nov. 5, a product that will be only available in Canada. Each bag is $6.99 for 340 grams, in a shot aimed at the chain's biggest competitors, Tim Hortons and Starbucks. THE CANADIAN PRESS

McDonald's will start selling bags of ground coffee at its restaurants in Canada on Nov. 5. CONTRIBUTED

Online payments

PayPal cuts 325 positions

PayPal says it is cutting 325 full-time jobs in a move to streamline the business. The company, a unit of EBay Inc., also said Monday that it is ending jobs with about 120 independent contractors worldwide. THE ASSOCIATED PRESS

Package delivery

UPS plans to break holiday record

UPS expects to deliver 527 million packages between U.S. Thanksgiving and Christmas this year, surpassing last year's record high by 10 per cent. It estimates 28 million of those will be delivered on Dec. 20. THE ASSOCIATED PRESS

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ON CONTENTIOUS COMMAS AND THE IMPORTANCE OF GRAMMAR

SHE SAYS...
Jessica Napier
metronews.ca

I went to a party a few months ago with a number of friends including a fellow writer. In true nerdy English-loving fashion, we spent half of the night discussing our stance on a common grammatical debate: the serial comma. She was for, I was against; it got quite ugly.

Those who are passionate about punctuation will understand the dispute regarding whether or not a comma needs to precede the final item in a list.

Consider these two phrases:

"My favourite colours are red, white and blue."

"My favourite colours are red, white, and blue."

Omitting the final comma in the series doesn't change the meaning at all, but I find the second sentence a little awkward to read and, ultimately, the serial comma (or "Oxford Comma" if you're a Vampire Weekend fan) is more of a stylistic issue than anything else. Interestingly, it may be a colonial issue as well; the British are far more likely to use the serial comma than their North American counterparts.

Are you bored yet?

Grammar lessons are something we all vaguely recall from our grade school days; chalkboards filled with dull rules about comma splicing and guidelines for capitalizing nouns. Many of these lessons have been forgotten in an age of auto-corrected predictive texting and Internet speak, TBTH.

Language 101

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

When you can have an entire conversation using emoticon characters — those adorable picture icons — is there really a place for your grandfather's dusty copy of The Elements of Style?

There are still some folk who relish in grammatical nitpicking, but no one really likes those condescending know-it-alls who make a habit of correcting you when you use "who" instead of "whom" and roll their eyes at dangling modifiers.

But while it might be dry, learning how to use the correct linguistic tools and conventions can also be a very empowering thing. Grammar gives you the power to say the things you want to say the way you intend to say them.

Totalling 448 pages, The Canadian Press Stylebook is a little impractical to carry around with you, but online sites like Grammar Girl are excellent resources for the grammatically challenged. Writer Mignon Fogarty offers brief tips and answers questions about common grammatical mistakes or confusions such as the difference between affect and effect and when to use i.e. instead of e.g.

Grammar isn't sexy or exciting, but it can help transform passive sentences into active statements and give us more control over the way we communicate with one another.

Grade school grammar lessons, remember? ISTOCK

That's using one's head

ANITA MARIC/NEWSTEAM

Human feat

No headache for extreme balancer

This chap needs to be levelheaded to do this stunt.

British grandad John Evans balances a 90-kilogram cement mixer on his head at a charity show near the English city of Derby.

Evans, 65, first discovered his talent in the 1960s when, as a labourer, he would stack 24 bricks on a floorboard and balance it on his head as he climbed up and down ladders. METRO

Q & A

'Strongest neck in the world'

The Guinness World Record holder from the town of Ilkeston, England, spoke to Metro.

How did you balance this hefty-looking thing?
First, a forklift hoists the mixer above my head. Then the lift lowers and places it on top of my head and I start walking backwards about three metres away from the forklift, while holding the plywood on top. Slowly I let go and balance it for a minimum of 10 seconds, before returning to the lift.

Have you had an accident before?
Never. Since I started this over 20 years ago, I have built up the bones and muscles in my neck. I have the strongest neck in the world — I don't think anyone else can do these extreme balancing acts.

The most difficult was balancing a Mini Cooper car, because if it were to fall I wouldn't have time to jump out of the way — the car would crush me!

So, no health scares?
Well, my neck has shrunk a bit! I weigh over 130 kilograms myself, (am) diabetic and have one eye, so it's quite remarkable that I can do this sort of thing.

Balancing act

He must be headstrong

Twenty years after his first balancing act as a labourer, he started putting heavy objects on his head for entertainment.

Now, he has 33 Guinness World Records, has travelled the world showing off his talent, and has appeared on The Tonight Show with Jay Leno.

"No one else in the world can do what I do," he said while holding a homemade Tardis (phone booth) on his head during his most recent stunt. METRO

Metropolitan Panel

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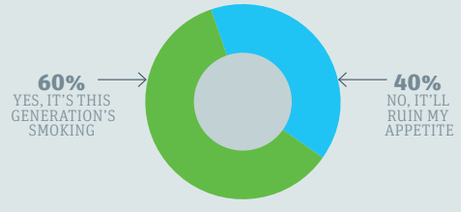
Should junk food carry warning labels?



Twitter

@Tworiverschiro:
Trick or treating along trails of @FortWhyteAlive today with boys was awesome! Always so much to do in #Winnipeg.

@AllstarWeekend:
Headed to Winnipeg, Manitoba tomorrow for We Day. Finally get to get our winter jackets out... Burrrr. Be careful with the weather <3

@Grow_Supplies:
Winnipeg could be allowed urban chickens by this afternoon! That's great and a step in the right direction towards sustainability. Good to see

@policyfrog:
Given that some people already think urban poultry is silly, advocates aren't really helping the cause by dressing as chickens at city hall.

metro

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SCENE 2

DVD review

Alfred Hitchcock: The Masterpiece Collection

Director. Alfred Hitchcock

●●●●●

Trying to figure out the logic behind any Alfred Hitchcock DVD boxed set can be as suspenseful as one of the master shocker's films. Alfred Hitchcock: The Masterpiece Collection isn't all that different from the similarly titled set released in 2005, except for two important things. It's now in the high-definition Blu-ray format, and it includes North by Northwest, curiously missing from the first release. These two things make this a masterpiece collection worthy of the name, even if we might lament the continuing MIA status of Notorious, Strangers on a Train and Dial M for Murder. This one does a solid job of canvassing a six-decade career that began with silence in the 1920s and continued through "the talkies" and technicolour, up to the studio system's demise in the 1970s. Three films are from the 1940s (Saboteur, Shadow of a Doubt, Rope), five from the '50s (Rear Window, The Trouble With Harry, The Man Who Knew Too Much, Vertigo, North by Northwest), five from the '60s (Psycho, The Birds, Marnie, Torn Curtain, Topaz) and two are from the '70s (Frenzy, Family Plot). Most of the man's best work is here, including Vertigo, recently voted the greatest film of all time by Sight & Sound's poll of critics.

PETER HOWELL

Jim Breuer is just one of the comedians taking part in the Just For Laughs Relationship tour. GETTY IMAGES

Breuer hits the road

Just For Laughs tour. Relationships tour has former SNL funnyman join up with a handful of other comedians for shows across Canada

MARK BRESLIN
scene@metronews.ca

Saturday Night Live alum Jim Breuer is among the comedians touring the country this month as part of Just For Laughs' relationship-based comedy tour. The tour, which runs through Nov. 25, also features John Heffron, Debra DiGiovanni, Tom Papa and Godfrey. Metro recently had the opportunity to chat with Breuer about marriage, rock 'n' roll and who is the biggest partier on the tour.

I'm looking at your official 8-x-10 and I can see that you're sporting some serious man cleavage. Now, is this the image of a family man with a wife and three daughters? You have a sexy, come hither kind of look in your eyes.
Yes, I kind of look a little buff — the "I think I'm still kind of cool and I want chicks to think I'm cool and hot" look. I don't think comics ever let that go. I think this was a year ago, a year and a half ago this picture was taken. I was in the best shape of my life and I think we were using the 8-x-10 for some TV or film we were trying to get.

What does your wife think of that picture? Does she approve?
My wife thinks that's a good picture. But I do have to take a new one where I'm in a suit. The other one that people used was this green corny shirt and I looked soft, I can't stand that picture. But with this one I wanted something a little more edgy, just a little "not sure what you're going to get from this guy"

Speaking of "edgy," how hard is it to reconcile your heavy metal comedy tour with your current relationship material?
Well, I usually open up with 10 minutes of being a heavy metal dad. And going to see concerts at my age, which is absolutely impossible. Now, what you just touched upon is that I did some heavy metal comedy last year as part of the Metallica thing in Germany — a couple of dates in the north east, and it confused audiences. Young people came and flipped out and lost it! Some people thought they were coming to see Jim Breuer just doing standup. So they were decked out for the night and wondering why they were there to see a rock concert. It made me realize I have to completely separate the two.

Sounds like you miss the rock n' roll stuff.
As soon as I'm done with the Canadian tour, I'm going to work for a New York show which is just a hard rock comedy show and we'll be on tour in 2013. We're in rock clubs and people clearly know you're not coming to sit down to watch a theatrical standup show.

You're touring on a relationship themed show with Deb DiGiovanni, Godfrey, and John Heffron. Which one of you is the wild one on the tour?
I'm married with three kids so that stuff is behind me. But I've gotta say it's Godfrey. That man is wild!

You were on SNL for four years in the late '90s. Who were your favourite co-stars on the cast?
I loved working with everyone, but if I had to pick one, I'd have to say Norm MacDonald.

Get your laughs...

To find out when the tour starts dishing out relationship advice in your city, visit hahaha.com/comedytour

The Walking Dead. Why we are obsessed with post-apocalyptic scenarios

The Walking Dead is one of the most popular shows on TV. Its season premiere this month saw 10.1 million viewers — 15.2 million if you include the two encores that ran the same evening. What makes this show about zombies so popular?

"It really puts viewers into a moral dilemma," says Murali Balaji, assistant professor of media studies and production at Temple University in Philadelphia.

"People wonder what would they do if they were in such an extreme situation."

Balaji, who teaches courses in both media theory and popular culture, points out that it's not actually the zombies who are the most dangerous enemies. "What's interesting is that the survivors view fellow survivors as suspiciously, or even more suspiciously, as the zombies themselves," he says.

"There's a line from the graphic novel that the show is based on: 'It's not the dead I fear, it's the living.' That resonates with us — we all struggle with dilemmas of trust."

Zombie stories have been increasingly popular during the past 10 years, which may reflect our end-of-the-world fears.

"Whether it's bio-terrorism, a disease outbreak or a nuclear accident, this is something that people could see happening," Balaji says.

JUDY WEIGHTMAN/MWN

A seasonal affliction?

Our attraction to zombies may be heightened during the election season — seriously. "We're increasingly isolated from one another," says Balaji. "People become consumed in their own tribes, and more and more disconnected."

Would you be more afraid of a zombie or fellow survivor? THE ASSOCIATED PRESS

Kendrick Lamar: Dr. Dre drawn to my fresh approach to gangsta rap

Compton. Lamar reflects on his upbringing in good kid, m.A.A.d city, his major label debut.

Kendrick Lamar has been heralded as the rebirth of West Coast hip hop, an acclaimed young lyricist who's trying to learn from his rough upbringing in Compton, Calif., and maintain his artistic integrity and life balance as his fame soars.

Such qualities are what compelled one of his idols, Dr. Dre of N.W.A. and Death Row Records fame, to sign Lamar to his Aftermath Entertainment and back his newly released major label debut, good kid, m.A.A.d city.

Dre executive produced the disc in Los Angeles and appears on several tracks, including the first single, The Recipe. Other artists on the album include Jay Rock, MC Eiht, and Toronto's Drake, who recruited Lamar for his Club Paradise Tour earlier this year.

Lamar says Dre wanted to work with him after hearing his track Ignorance Is Bliss from his 2010 mixtape Overly Dedicated, "because it came from a different approach that he'd never seen in gangsta rap."

"(The song) gave him both sides of the story in Compton, the victim and the aggressor, and that's something he'd never seen," a soft-spoken Lamar said during a recent stop in Toronto.

Through heady bass beats and savvy, crisp rhymes, the much raved about good kid, m.A.A.d city reflects on those dualities of Lamar's life and career. Listeners learn of Lamar's risky relationships, his exposure to drugs and gangs in Compton, the changes happening in L.A. County, and how he and others in his life are coming to terms with his fame.

Lamar, 25, grew up in a low-income household surrounded by the violence of L.A.'s gangs and gangsta rap culture. At times, he was exposed to alcoholism, which he writes about on the album's Swimming Pools (Drank).

Rapper Kendrick Lamar poses in Toronto in July 2012. NATHAN DENETTE/THE CANADIAN PRESS

"(It's) a personal song at the same time good memories of house parties that I'd been to when I was a kid and some things I'd seen in my household, period: a lot of drinking, a lot of smoking," he said.

"I just wanted to reflect on that, not in a bad way but just as a person ... remembering what household I come from and how it had an impact on my life when I became an adult."

Lamar said his dad "was a street cat but at the same time he was a proud father. I was lucky to have one of them in my life.

"What separated me from my homeboys, it was two things: The fact that I had a father, of course, to always let me know when I bump my head, this is going to happen, and the fact that I was a dreamer," noted Lamar.

"Nobody could believe that it was possible to get out of the area that we lived in, because they'd seen so many older generations still be there and be stuck and doing the same thing they doing.

"I always had that imagination, like it was something bigger than just Compton and just where we were at, and that separated me." THE CANADIAN PRESS

Quoted

"Every time you hear gangsta rap, everybody's the aggressor, there's really no vulnerability, and I bring that other side of the story because I've been on both ends."

Kendrick Lamar

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Joe Simpson ALL PHOTOS GETTY IMAGES

Gossip on the green: Joe playing with someone his own age?

The reports dogging Joe Simpson that he's recently come out of the closet to his family and has been carrying on an affair with a 21-year-old man appear to be effecting his golf game. According to Radar Online, Simpson didn't play with his usual partner at his weekly outing. "Everyone noticed that after reports surfaced that Joe was gay, he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older," a source tells the website. "Joe has always played golf at his swanky club MountainGate on Saturdays at 12:30 p.m. with a much younger, 20-something male, who isn't a member. Joe's golfing buddy is extremely good looking and Joe is very, very secretive about his identity. Joe never writes the guest's name on the sign-in sheet and never allows any other members to join in while they play golf, which is very, very odd."

Fairway friends

Everyone noticed ... he didn't play with his regular young, good-looking friend this past Saturday, but played with someone much, much older.

A source speaking to Radar Online

Lindsay Lohan

When Lindsay met Sally: Lohan feeling lax about pseudonymed storm

While the East Coast braced for the arrival of Hurricane Sandy, at least one star wasn't too concerned. "Why is everyone in such a panic about the hurricane?" asked Lindsay Lohan on Twitter, adding that she's calling it Sally instead of Sandy. "Stop projecting negativity! Think positive and pray for peace."

The Word

Kunis ain't carrying Kutcher's bundle of joy, but maybe soon?

Mila Kunis' rep insists that the actress is not pregnant with boyfriend Ashton Kutcher's child despite photos from a recent outing that appear to show the actress sporting a growing baby bump, according to the Daily Mail. "She is not expecting," her rep tells the newspaper. But that doesn't mean motherhood is out of the question for the Friends with Benefits star, who expressed her desire to be a parent earlier this year in an interview with Glamour. "I do want a family. I'd rather be in love and have a baby than a movie," she said.

Angelina Jolie

The Brangelina bunch go on a Halloween hunt

Angelina Jolie hit a Halloween superstore near Los Angeles this weekend for a bit of last-minute shopping with three of her kids, according to Us Weekly. The actress showed up with daughter Shiloh and four-year-old twins Knox and Vivienne, picking up toys and costumes for the kids. "Angelina looked amazing. She definitely looked really healthy and she was really sweet. A few fans came up to her and she was beyond nice to them and talked to every single one of them," A source says. "They were there for close to an hour and they had a pretty large purchase." Among the items purchased was a unicorn costume for Vivienne that she wore out.

Justin Bieber

Biebs likes his body art: More tats for popstar teen

Justin Bieber has added yet another tattoo to his growing collection of body art. The pop star posted a photo to Instagram over the weekend showing off an owl inked on his forearm. It's the second tattoo the singer has added in less than two months, following a crown tattooed on his chest last month. The 18-year-old got his first tattoo — a bird silhouette on his hip — when he was 16.

Twitter

@EllenBarkin
Just a random question...do you think anyone has fallen in love over twitter? I mean aside from me, several times.

@JonahHill
I think I'm gonna be "Slutty Mitt Romney" for Halloween.

@kirstiealley
Note to women over 50 who are losing weight... don't get too damn skinny or you'll look like a spider monkey.. pleasantly lean is better..:)

@ConanOBrien
The best perk of being a celebrity? I'm allowed to use 141 characters in my tweets. No, I don't feel like proving it.

Keeping your little ghosts and goblins safe this Halloween

Trick-or-treat. New apps allow you to keep tabs on your kids without looking over their shoulder as they gather goodies

DOROTHY ROBINSON
Metro World News

You'd never let your child go to a stranger's house unattended any other time of year, so why should Halloween be any different?

Nancy A. McBride, the national safety director for the Center for Missing & Exploited Children in the U.S., says children should be accompanied by a parent or trusted adult and walked to the door by the parent to receive treats.

"Know the neighbourhood in which you plan to trick-or-treat. Pick houses that you feel comfortable letting your child visit. Do not visit homes that are isolated or poorly lit," she says.

Make sure your child is able to see and move easily in his or her costume.

"Consider having your child carry a flashlight so that they can see more easily and are easily seen," she notes.

And even if your child is old enough to go out without your supervision, always make sure he or she is in a group.

If you're still nervous, there are several tracking apps that can provide an extra layer of security to keep track of your children via cellphone without being intrusive. The Snap Secure Geo-fence for Android sets a virtual boundary.

"If they stray from that perimeter, or don't return to a specified location within a certain period of time, it automatically sends you an email alert," says Jiren Parikh, CEO of Snap MyLife, the developer of the app.

Their other app is the Snap Secure Family Locator.

"(It) lets you check in on their exact location at any time, in real-time, by using your own mobile device or web dashboard," he notes.

Finally, keep in mind there are different ways to celebrate the holiday that don't involve going to strangers' houses.

"I'm a big fan of organizing a home or community party as an alternative to trick-or-treating," says McBride.

Pick houses your kids feel safe going to trick-or-treat. ISTOCK PHOTOS

Stay safe

Not only do you have to get your kid a costume, but you also have to make sure it won't hurt them. Here is some advice from the ACEP, a national medical specialty society in the U.S. representing emergency medicine. The society wants to make sure your kid stays out of the emergency room this Halloween.

- **Costumes.** Avoid costumes that could cause children to trip, such as baggy pants, long hems, high heels and oversized shoes. Also, make sure they don't obstruct the child's sight or vision and they are made out of flame-resistant materials, such as nylon or polyester.
- **Visible.** Add reflective tape to costumes so your child is more visible to motor vehicles, and avoid dark colours. Check accessories such as swords, knives, wands and other pointed objects. Make sure they are made from flexible materials and have dulled edges on all sides.

More tips

Additional safety tips for Halloween

- **Tip No.1.** Be sure children do not approach any vehicle, occupied or not, and make sure they get away quickly if someone gets out of a vehicle and starts to approach them.
- **Tip No.2.** Children should never enter a home without their parent's permission.
- **Tip No.3.** Teach your child to say, "No!" or "This is not my mother/father!" in a very loud voice if someone tries to get him or her to go somewhere.

Your mother's health myths debunked

Research. Answering how to avoid catching colds and if the five second rule is actually a good standard

LINDA CLARKE
Metro World News

It's not like we'd ever want to argue with our grandmas or moms — but, really, does going outside with wet hair really give you a cold? Dr. Josh Kosowsky, who co-authored When Doctors Don't Listen, did some research and came up with answers for us.

Going outside with a wet head gives you a cold
"I want to believe this because experientially it feels like it's true. But it turns out it's not. Short periods of being outside with wet hair or scalp won't give you a cold."

Indoor tanning boosts your vitamin D
"Exposure to sunlight does promote vitamin D, but is ultraviolet light in a tanning bed the same thing? The risk of skin cancer from using them makes it a bad idea."

Eating carrots improves your vision and turns your skin orange
"Both of these are true. That doesn't mean eating a bushel of carrots every day gives you X-ray vision and you'd need to eat ridiculous amounts to turn orange. But carrots do contain beta-carotene, which the body turns into vitamin A, which is necessary for healthy vision."

Standing by a microwave gives you cancer:
"This one has been pretty much debunked. The likelihood of radiation leaking from a microwave oven is trivial."

Cracking your knuckles gives you arthritis
"I tell my kids this all the time simply because it's really annoying! But there's no known correlation."

Carrots are proven to improve your vision. ISTOCK PHOTOS

Food dropped on the floor is OK to eat before five seconds pass
"You don't need to be a doctor to work that out. There's nothing legitimate about it. But much of what we eat is contaminated by bacteria. Our hands have bacteria. Our stomach acid kills most bacteria."

Best Health

Pairing some dynamic food duos

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Pair tofu and leeks. ISTOCK PHOTOS

In the November issue of Best Health, on newsstands now, we've included another installment of our popular article about foods that are even healthier when eaten together.

Pasta and Red Wine Vinegar
Make a pasta salad with vinaigrette dressing and bring it to work for lunch. The acetic acid in vinegar reduces the spike in blood sugar that comes after eating carbs like pasta. Having steadier blood sugar reduces hunger pangs by helping you feel full, and it minimizes your risk of developing type 2 diabetes.

Tofu and Leeks
Make a vegetarian chili with tofu or tempeh, and lots of vegetables including leeks. Leeks, onions and garlic contain the prebiotic inulin, and this combines with soy protein to reduce LDL (bad) cholesterol while raising HDL (good) cholesterol. This reduces the risk of clogged arteries and heart disease.

Chicken and Grapefruit
Make grilled chicken with a zesty grapefruit salsa. Chicken is a good dietary source of coenzyme Q10, which is vital for giving us energy (and it may help control blood pressure in people with hypertension). Grapefruit allows much better absorption of Q10.

To get the recipes for pasta salad, vegetarian chili and grapefruit salsa, see the latest issue of Best Health, on sale now.
TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS

Obesity linked to infertility

Keeping your weight under control will help ease other health concerns, like infertility. ISTOCK PHOTOS

Men's health. Overweight males produce less testosterone, which can affect sperm count and lead to erectile dysfunction

CELIA MILNE
life@metronews.ca

Obesity may be hurting you below the belt, guys.

If you and your mate are having trouble getting pregnant, the problem could be your weight.

"Obesity in men is associated with infertility," report physicians in Utah.

As obesity rates rise around the world, so does the prevalence of male infertility.

Obese men produce less testosterone, and also produce more of an enzyme in fat tissue called aromatase, which breaks down testosterone.

"The low testosterone can affect the sperm production and can result in erectile dysfunction. Both can result in reduced fertility in severely obese men," says Dr. Ahmad Hammoud, a physician in the division of reproductive endocrinology and infertility at University of Utah in Salt Lake City.

He has found in studies that even overweight men can have lower fertility and that, by and large, the higher a man's BMI, the lower his sperm count.

In Canada, 24.3 per cent of men are obese, and the rate has been rising steadily, according to Statistics Canada.

When couples can't get pregnant, about 25 per cent to 30 per cent of cases are attributed to male factor infertility and another 30 per cent are attributed to both male and female factors, reports Dr. Hammoud in his new paper in Seminars in Reproductive Medicine.

Weight loss through eating properly and exercising regularly is seen as one possible solution.

Quote

"The low testosterone can affect the sperm production."

Dr. Ahmad Hammoud
University of Utah in Salt Lake City.

IMPORTANT LINK BETWEEN VISION AND LEARNING

As a new school year begins, is your child dreading the thought of it?

Rest assured the lack of enthusiasm is not because of poor parenting, uncaring teachers, or laziness. Children don't choose to hate school. They all wish to excel and enjoy the experience of learning. Unfortunately, one in four children is likely struggling in school because of an underlying vision problem. And because 80 per cent of what we learn in school comes to us through vision, a visual dysfunction can make learning difficult and frustrating. When vision problems are left unresolved, children begin to lose self-esteem and often react negatively to any task that requires precise vision.

Often, vision problems go undetected because the signs and symptoms may be similar to those attributed to conditions such as ADHD and a learning disability, or characteristics such as laziness and stubbornness. A child rarely reports he has a vision problem because he is unaware that others see things differently. Many feel stupid and are frustrated they cannot keep up with their peers. Even for those who manage to handle the workload, they too endure the headaches, fatigue and eyestrain. Left untreated, these problems continue into adulthood.

Unfortunately, a regular eye exam only assesses the health of the eyes and whether glasses may be required. Therefore, many vision disorders are overlooked during a regular eye check-up. Although sight is physical, vision is a brain function. It's our brain that controls how the eyes move, and the accuracy and precision of those eye movements. It's our brain that controls the eye muscles that contract for near and relax for distance viewing. It's our brain that determines where to look, how long to look, and what we look at next. It's our brain that recognizes the small differences in some words, determines where things are in space, and processes words as units rather than individual letters.

If you are concerned your child may have a vision problem, Anderson Family Vision Care offers Neuro-Development Vision Assessments and Vision Therapy. Our doctors are members of the College of Optometrists in Vision Development and have taken a special interest in this field of study. Our vision therapists are also members of the college, and are among the most highly trained in Canada. For more information, call 204-633-7482.

Below are physical and behavioural indicators of a vision dysfunction:

- Headaches in forehead or temple area
- Red, itchy, burning or watery eyes
- Excessive blinking or eye rubbing
- Squint, frown, scowl
- Double vision
- Intermittent blur
- Fatigue quickly when reading or performing near tasks
- Excessive head movement when reading
- Words or letters appear to move or run together on page
- Frequent loss of place when reading
- Skip or repeat words or lines of text
- Confuse similar words, can't recall same word in paragraph
- Poor comprehension
- Dislike or avoid reading
- Very close reading / copying distance
- Lean on arm or lay head down when printing
- Write poorly (crooked, uphill, poorly spaced, slow to copy)
- Say "I can't" before really trying, give up easily
- Emotional difficulties (tears, anger, defiance, meltdowns, withdrawal)
- Clumsy, poor balance, knock things over
- Poor or inconsistent at sports or play

Anderson family vision care

DR. A. ANDERSON & ASSOCIATES
90-2200 McPhillips, Winnipeg MB
204.633.7482 • www.andersonvisioncare.ca

Tender chicken mingles with rice noodles & sesame sauce

ROSE REISMAN
for more, visit
rosereisman.com

This stir-fry is outstanding with rice noodles, but it's also good over rice, couscous or linguini.

Chicken thighs are more tender and flavourful than the breast, but you can use either. Dipping the chicken in the soy and cornstarch mixture keeps it very moist.

1. For the chicken, place the diced chicken, soy sauce and cornstarch in a bowl; stir until well combined. Add oil to a non-stick wok and place over medium heat. Sauté the chicken for 4 minutes, until almost cooked. Remove from the pan and set aside. Wipe out the pan.

2. For the sauce, combine the stock, vinegar, soy sauce, sugar, molasses, cornstarch, sesame oil and chili paste in a small bowl; stir until well combined.

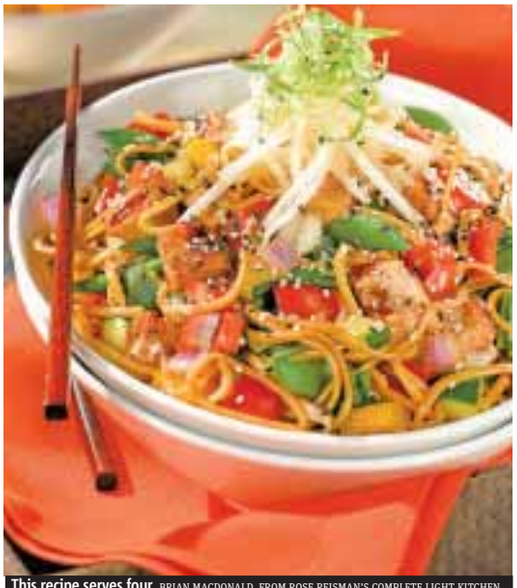
3. Cook the noodles in boiling water for 2 minutes or just until tender. Drain and set aside.

Ingredients

Chicken
- 1 lb boneless, skinless chicken thighs, diced
- 1 tbsp low-sodium soy sauce
- 1 tbsp cornstarch
- 2 tsp vegetable oil

Sauce
- 1/2 cup chicken stock
- 2 tbsp rice vinegar
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 2 tbsp molasses
- 1 tbsp cornstarch
- 2 tsp sesame oil
- 1 tsp hot chili paste

Base
- 6 oz medium rice noodles
- 1 1/2 cups thinly sliced red bell pepper
- 1 1/2 cups thinly sliced snow or sugar snap peas
- 1/3 cup chopped cilantro
- 2 tsp sesame seeds, toasted
- fresh bean sprouts



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

4. Respray the wok with cooking oil and place over medium heat. When hot, add the bell peppers and peas. Sauté for 2 minutes, then stir in the sauce and chicken. Cook, stirring, for about 1 minute, until the sauce has thickened. Add the rice noodles and heat thoroughly, about 2 minutes. Serve on a large platter garnished with cilantro or parsley and sesame seeds. Scatter bean sprouts over top. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

Protein punch

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Are you getting enough protein? On average, adult women need about 46 grams and men need about 56 grams. (This average changes with your age, gender, size and activity level or nursing and pregnancy status.)

More isn't always better since your body can only make use of the exact amount it needs, and any extra can put a strain on your kidneys.

North Americans tend to get enough, so the burning question is: Do we get enough of the right source?

Here are protein sources and amounts. Choose more from the leaner end at the top of this list, as they tend to offer added health benefits and few downsides.

- **5 oz/30 g fish (mostly good fats)**
- **1/2 cup/7 g beans (great for fibre)**
- **1/2 cup/8.5 g edamame (soy beans)**
- **2 tbsp/4 g almond butter (good fats and fibre)**
- **3 oz/6 g extra firm tofu**
- **2 oz/14 g cheddar cheese (but it contains 220 calories and 18 g fat)**
- **5 oz/40-60 g of meat, chicken or pork (watch for saturated fat and cholesterol)**

Most experts agree that it is better to vary the source and spread the yummy throughout the day rather than obtaining a big meaty wallop all in one go. (Sorry, Steak Frites). **THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Chicken With Gingersnap Sauce. Cookies steal the spotlight in this succulent sauce

Marinating chicken in a seasoned brine guarantees tender results. Inspired by traditional sauerbraten, the sauce for this recipe features carrots, onions and garlic. An unusual touch is the addition of crushed gingersnap cookies to thicken. Serve this dish with herbed fluffy mashed potatoes.

1. Brine: Fit large resealable plastic bag in a large bowl. In separate bowl, combine molasses, honey, sage, thyme, salt, pepper and 500 ml (2 cups) cold water; pour into bag. Add chicken; seal and refrigerate for a minimum of 2 hours or up to 12 hours.

2. Discard brine; pat chicken dry with paper towel, leaving any chopped herbs clinging to chicken.

3. Sauce: In heavy-bottomed, non-stick skillet, heat oil over medium heat; brown chicken on all sides, 5 minutes. Remove chicken to plate.

4. Add onion, carrots and garlic to pan, scraping up any browned bits. Cook, stirring often, for 3 minutes or until softened and veg start to brown.

5. Add chicken broth, gingersnap crumbs and vinegar, stirring to combine. Return chicken and any accumulated juices to pan. Mix in sage and thyme. Cover, reduce heat and simmer for about 15 minutes or until juices run clear when chicken is pierced. Season with pepper or to taste.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients

- 1.25 kg (2 1/2 lb) skinless bone-in chicken drumsticks and thighs (9 or 10 pieces)

Brine
- 125 ml (1/2 cup) fancy molasses
- 30 ml (2 tbsp) liquid honey
- 30 ml (2 tbsp) each chopped fresh sage and thyme leaves
- 30 ml (2 tbsp) coarse sea salt
- 1 ml (1/4 tsp) pepper

Sauce
- 15 ml (1 tbsp) vegetable oil
- 1 large onion, finely diced
- 4 medium carrots, peeled and thinly sliced
- 2 cloves garlic, finely minced
- 375 ml (1 1/2 cups) sodium-reduced chicken broth
- 75 ml (1/3 cup) gingersnap cookie crumbs
- 30 ml (2 tbsp) apple cider vinegar
- 2 ml (1/2 tsp) each chopped fresh sage and fresh thyme leaves
- 2 ml (1/2 tsp) pepper

This recipes serves four to six. THE CANADIAN PRESS/HANDOUT

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Sweet Movember – A charity booster and the reason I met my husband

Kristen Thompson and husband Dylan showing off their 'staches on their wedding day. JENNIFER MOHER PHOTOGRAPHY

More than just silly lip hair. Moustache month raises millions worldwide for men's health, but it also introduced me to the love of my life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

This time every year, I cringe as my husband waffles between growing friendly muttonchops or a pushbroom for Movember.

But I have to remind myself that growing a prickly 'stache is saving and changing lives. And in my case, bringing people together.

In 2007, I hadn't even heard of the Movember campaign — which raises money and awareness for men's health — and I was tasked with writing a story about this quirky fundraiser's first official year in Canada.

A colleague happened to have a friend taking part in Movember, so he passed along his name and contact and I called him up. That brief interview sparked a friendship that turned into a romance that, four years and four Movembers later, led us down the aisle. We didn't forget the importance of Movember at our wedding this year, writing a "how we met" story in our wedding program that begins: "It all started with a hairy upper lip."

Wedding guests were also given moustaches on sticks for photo hilarity. Since we met, Movember has grown into an international movement that's had nearly two million participants in dozens of countries around the world. Last year alone, Mo Bros and Mo Sistas raised $125.7 million for the cause, and helped bring greater awareness to male participants about the health risks they face.

I admit it, I could do without a month of bristly kisses. I prefer seeing the Tom Selleck ON Tom Selleck. But really, it's worth it when I think about the fact that I only have to live through a month with his moustache, but get a lifetime with Dylan.

The facts

Movember started in Melbourne, Australia in 2003 with 30 participants.

North American launch. The campaign officially got going in Canada, the U.S. and the U.K. in 2007.

What it has become. In 2011, more than 854,000 people in 14 countries took part in the campaign, where it officially obtained charity status in Canada. Last year alone it raised $125 million and helped bring awareness about men's health risks

With many RESP portfolios performing poorly, now is a good time to re-organize post-secondary savings. ISTOCK IMAGES

Don't let your teen get caught in a stock market downdraft

Alison on Money. It's RESP reorganization time

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you have a teen with an RESP and a post-secondary goal, the last thing you want is for tuition time to arrive just as the college account sinks by 30 or 40 per cent.

That's exactly what happened to many parents in 2008 and 2009 when the financial crisis hit and equity-heavy RESPs were slammed.

With tremendous uncertainty in world markets and many RESP portfolios performing poorly, there's never been a better time to re-organize those post-secondary savings.

The basic rule is this: Once a child reaches 13, all new RESP contributions should be put into cash investments — basically high interest savings or short-term GICs. Forget money market mutual funds as fees eat up any return.

Next, start selling 10 to 20 per cent of existing stock market investments — usually equity mutual funds or exchange-traded funds (ETFs). Do this annually or, if your trading fees are low — $6.95 to $9.95 — you can sell investments three or four times a year to reach that 10 to 20 per cent.

If the RESP is at a discount brokerage, there may be no trading fee to sell units of the bank's own mutual funds, but there may be for funds offered by other providers. Also, if you have been convinced to buy mutual funds with deferred sales charges (DSC), then there may be sales commissions to pay on units sold within six years of purchase.

In numbers

7

In the past 25 years there have been seven significant stock market declines and many smaller ones.

Heads up for parents of younger children! Don't buy mutual funds with DSC fees attached. There are plenty of no-load funds out there that won't cost you anything to sell beyond, possibly, a trading fee.

If you follow my plan, by the time your teen is ready to head off to post-secondary studies, most of the investments will be in cash. Yes, you might miss out on a big stock market run-up. However, it is far better to forfeit some gains than to be forced to rely on a line of credit to pay tuition because the RESP portfolio, still loaded up with equities, is in the tank.

What happened to your nest-egg goal?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Are you looking back at your 2012 financial goals with a guilt-ridden pain in your stomach? Don't fret. If you want to end 2012 with a plan to really kick-start your net worth growth, read on.

To grow your bottom line, you must reduce debt and build assets.

Step 1
Know where you stand financially so that you can create a plan to grow your bottom line.

When you get home tonight, download your favourite net worth tracking tool to determine what you own and owe.

All major banks have free online calculators, but if you want to build your own, simply total up your assets and subtract your liabilities.

If you get lost, go through your stack of mail and pull out all your financial statements.

Step 2
This week, set a realistic net worth goal for the remainder of 2012, 2013 and 2014.

For example, if your current bottom line is negative $1,000, grow it to $500 by year-end, and aim to have $10,000 by 2014.

It's not too late to end 2012 with a plan to kick-start your net worth growth. ISTOCK IMAGES

Step 3
If you don't start tracking your money, you'll lose it, so develop a budget this week.

According to author Dr. Thomas Stanley, the majority of self-made multi-millionaires keep meticulous budgets, even though they're rolling in dough. A terrific budgeting website is Mint.com, though you can download other free budgeting tools from any major bank.

Step 4
Next week, review your budget and look for ways to cut back unnecessary expenses.

Think about your food and shopping habits and pay attention to the small expenses as they can add up to be quite substantial.

Step 5
Going forward. Before you spend your money on payday, prioritize saving and debt reduction through automatic payments.

Sign up for your company's retirement savings plan.

Employers will often contribute free money. If your company doesn't have one, or even if they do and you want to save outside of their plan, sign up for an RRSP and TFSA.

Aim to tuck away 10 to 15 per cent of your salary. If that's too steep, start with less and grow your contributions every six months.

Crush your debt quickly by negotiating the lowest rates with your lenders. Then pay a little extra each month. Even $5 can make a difference.

Step 6
Before Dec. 31, 2012, meet with a qualified financial advisor and develop a plan to achieve your goals.

While building your bottom line, don't put yourself on a financial starvation diet.

You still need to enjoy life and all of its experiences, which often cost money. Take a balanced approach.

Winnipeg Blue Bombers quarterback Buck Pierce is tackled by Hamilton Tiger-Cat Renauld Williams as Bo Smith closes in during CFL action in Hamilton on Saturday. Following the 28-18 loss, the Bombers are 5-12. CHRIS YOUNG/THE CANADIAN PRESS

Mack's job hangs in the balance

CFL. Fate of Bombers GM will be decided before Grey Cup

After another disappointing season, Blue Bomber general manager Joe Mack should know before the Grey Cup whether he still has a job in 2013, says team president Garth Buchko.

Speaking Monday at Investors Group Field, where he was showing off progress on the team's new home, he said he and the board are currently reviewing all aspects of the club's operations.

"The team's record overall is disappointing and it's not acceptable and we will review everything in the whole organization, including football operations," said Buchko.

There have been reports interim head coach Tim Burke is liked by Bomber brass and will be offered a permanent job. But Buchko said that isn't his issue.

"My job is to hire one person and that's the general manager in football operations," he said. "What happens with the coach after that is the general manager's job and so I need to make an assessment on Joe Mack, my board needs to make an assessment on Joe Mack."

He promised the answer before the Grey Cup. Last year under Mack, the Bombers finished first in the East and made it to the Grey Cup, where they lost to the B.C. Lions.

That highlight of Mack's tenure is bookended by a 4-14 season in 2010 and this season, with the Bombers in the CFL cellar at 5-12.

The team's performance has already cost head coach Paul LaPolice his job. Burke was defensive co-ordinator when he was drafted to take over mid-season.

Saturday's game against the Montreal Alouettes means nothing on paper to either team.

Montreal (11-6) has sewn up first place in the East and Winnipeg lost its last chance to make the playoffs with a rain-soaked 28-18 loss in Hamilton that closed the doors on Ivor Wynne Stadium.

And while this also is the last CFL game at Winnipeg's Canad Inns Stadium, even that has no magic. The Bombers had a lot of last-game hoopla last season, when they thought they were going to play 2012 at their new home.

That didn't happen, leaving fans to grumble about the failure of Bomber brass to keep them fully informed about construction progress on Investors Group Field.

Buchko, Manitoba Premier Greg Selinger and Winnipeg Mayor Sam Katz were at the new $190-million stadium Monday to show off the installation of the artificial turf and goal posts.

But crews were still completing other work on the 33,500-seat shared facility, located on the southern edge of town at the University of Manitoba.

As they begin practising Tuesday for that final game of 2012, Burke says the team knows there will be changes coming in 2013, one way or another.

"This is the last chance for us as a team to bring our camaraderie together and to play together as a team and do it for each other. That's going to be my message." THE CANADIAN PRESS

Banged-up Bombers

QB Pierce ruled out for 2012 finale

Buck Pierce has played his last game this season for the Winnipeg Blue Bombers.

He injured his shoulder on Saturday and will sit out the final game when the Bombers bring down the curtain on 2012 Saturday against the Montreal Alouettes, head coach Tim Burke announced Monday.

Pierce heads a long list not expected to suit up. Burke said he had to write it down so he could remember all the names and injuries.

Besides Pierce, the team isn't sure No. 1 backup Joey Elliott can start, since he banged up his knee Saturday. He had ACL surgery last year.

The Bombers will also be without their two best running backs — Chad Simpson and Will Ford — plus receivers Terrence Edwards and Isaac Anderson.

At this point, they don't expect Johnny Sears to play either. Question marks hang over several other players. THE CANADIAN PRESS

CFL

Durant hit costs Isaac one game

The third time proved very unlucky for Toronto Argonauts linebacker Brandon Isaac.

The CFL slapped Isaac with a one-game suspension Monday for delivering a helmet-to-helmet hit on Saskatchewan Roughriders quarterback Darian Durant on Saturday night.

Isaac wasn't penalized on the play.

The suspension came following a hearing earlier Monday between Isaac and CFL commissioner Mark Cohon.

This marks the third time the CFL has disciplined Isaac this season.

He was fined both previous times, the first for an illegal hit on Calgary Stampeders tailback Jon Cornish on Aug. 18. Isaac received a second fine for a helmet-to-helmet blow on Winnipeg quarterback Buck Pierce on Sept. 29 that left Pierce with a mild concussion. THE CANADIAN PRESS

Lockout

Winter Classic to be chopped by Friday: Source

The Winter Classic is next on the chopping block.

Barring unexpected progress in the NHL's labour talks this week, the league's signature Jan. 1 event will follow the 326 regular-season games already wiped from the schedule. The formal cancellation is expected to be made by Friday, according to a source, just ahead of a deadline built into the NHL's contract with the University of Michigan.

The deal struck with the school for the rental of Michigan Stadium last February included a "work stoppage cancellation" clause that allows the NHL to call off the game as late as Friday for a penalty of $100,000 — an amount it has already paid as a deposit.

This year's Winter Classic between the Toronto Maple Leafs and Detroit Red Wings was billed as the biggest in the event's six-year history. THE CANADIAN PRESS

MLB

"We had a great run. We just got cold at the wrong time."

Detroit relief pitcher Phil Coke on Monday after his Tigers were swept out of the World Series by the San Franciso Giants, who won 4-3 in the 10th inning on Sunday night.

Horoscopes

♈ Aries
March 21 - April 20
You will make your needs and desires known with ease today. Partners and colleagues will "get it" instantly, not least because you have such a straightforward way of expressing yourself. Try not to be rude though.

♉ Taurus
April 21 - May 21
Others will do your bidding with no questions asked. With the Sun and Pluto on good terms, you have that imperious air that compels people to do what you say. Whether it's good for you, or them, is another matter.

♊ Gemini
May 22 - June 21
Push your suspicions to one side and learn to trust the people you work and do business with. If you hesitate or hedge your bets, you may look back later and mentally kick yourself for being so timid.

♋ Cancer
June 22 - July 23
Good news of one sort or another will come your way over the next 24 hours. Most likely it will have something to do with a long-term creative project or an affair of the heart — or maybe both.

♌ Leo
July 24 - Aug. 23
You won't have to make much of an effort today — the world will come to you. Everything seems to be happening at just the right time and in just the right way. Make the most of this lucky streak.

♍ Virgo
Aug. 24 - Sept. 23
Before you allow yourself to get annoyed with someone, make sure you have heard them right and make sure you understand what they are trying to say. It could be your own understanding that is at fault.

♎ Libra
Sept. 24 - Oct. 23
Today's Sun-Pluto link is good for family and financial matters, and if you act quickly and decisively you will make some kind of breakthrough. Don't sit back and wait for things to happen. Go out and make them happen.

♏ Scorpio
Oct. 24 - Nov. 22
This is a great time for getting things done, and a great time for travelling and socializing too. If you have been daydreaming about making an escape, this could be the day when you do it for real.

♐ Sagittarius
Nov. 23 - Dec. 21
Your fortunes will change for the better over the next few days but there is no point trying to rush things. The Sun in the most sensitive area of your chart indicates you will achieve more by doing less.

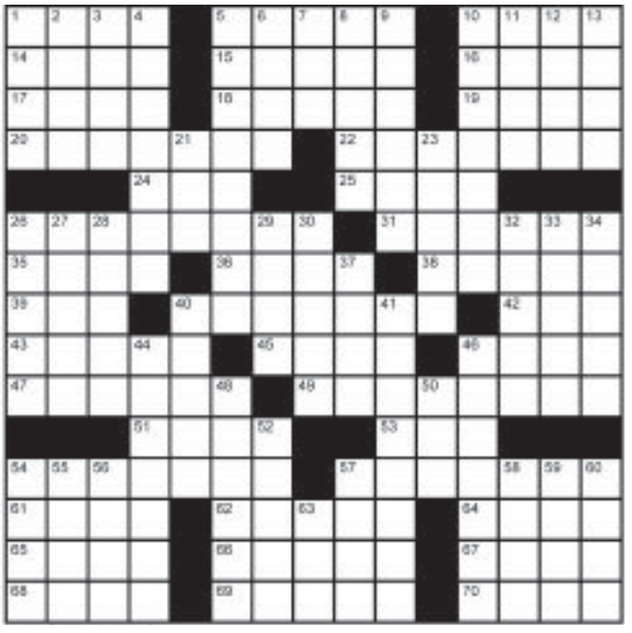
♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your birth sign makes you ultra ambitious but today's link to the Sun means you need to let those you are working alongside make more of an input. They've got some good ideas too you know.

♒ Aquarius
Jan. 21 - Feb. 19
Quality is always more important than quantity, so slow down a bit and focus on the one thing you are really good at. You don't have to do everything to be a success. Identify your niche.

♓ Pisces
Feb. 20 - March 20
The cosmic picture is so favourable at the moment that you have every reason to believe that life will just keep on getting better. Today's Sun-Pluto link urges you to be more dynamic. Take what it is you desire. **SALLY BROMPTON**

Miscellany

BY MICHAEL WIESENBERG



Across
1. ___ Scotia
5. Slurpees' competitors
10. Carriage horse's pace
14. Figure skater's leap
15. Engine supercharger, for short
16. Arranges crookedly, as a prizefight
17. Albanian neighbour
18. Distribute, as confetti
19. Southern California's best-known university, for short
20. Rabbit ears, e.g.
22. Third-largest municipality in 4-Down (2 wds.)
24. Kanga's child in the Winnie-the-Pooh books
25. Elm or oak
26. Come ___: go to pieces, behaviourally
31. Discolors
35. "And ___ word from our sponsor" (2 wds.)
36. Bird feeder food
38. Bad news for a taxpayer
39. Island: Fr.
40. R.B. ___: 11th Prime Minister (1930-35)
42. Big event for a dot-com: initialism
43. Like a wave, sometimes (when overwhelming)
45. Fly high
46. Lion's bellow
47. Having good placement in a race or tournament
49. Member of a Montréal CFL team
51. ___ Krishna
53. 1960s counterculture hallucinogen
54. Firmly fastened, like the seams on Levis
57. Hubbub
61. Hertz Rent-_-___
62. "It's ___!": phrase of confirmation for an assignation (2 wds.)
64. Canada's largest petrol company
65. Ontario-born *Scream* star Campbell
66. *The ___ of Anne Frank*
67. In addition
68. Alumnus, for short
69. Circus animals that balance balls
70. Legal wrongdoing

Down
1. US space gp.
2. Yoked beasts
3. Green: Fr.
4. "Wild Rose Country" province
5. Defeatist declaration (3 wds.)
6. ___ deal: reach an agreement (2 wds.)
7. Flub
8. TV movie critic Roger
9. Farmers, when they strew seeds
10. 15th PM (1980-84)
11. Asian staple grain
12. Stare at
13. Pre-1917 Russian leader
21. And not
23. Coup _'___: political rebellion
26. Apartments
27. "It's the truth!" (2 wds.)
28. Stockholm native
29. Religious sisters
30. Columbus's birthplace
32. Numskull
33. ___ your heels: bite on like a puppy (2 wds.)
34. Emporium
37. Blue shade
40. Sheep's cry
41. Streetcars
44. Stuck (to)
46. Beef or lamb, but not pork (2 wds.)
48. Expects the worst
50. Can. neighbour
52. Murphy of *48 HRS.*
54. Resounded
55. Baker's frosting tool
56. "___-voom!"
57. Bottom-row PC key
58. Norway's capital
59. Soviet Union: initialism
60. Cheer (for)
63. Small battery

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		9		3		1	6	
7	5		1				3	
		2			6			
		3		9				
1		8				7		4
				2		3		
			6			2		
	6				2		9	3
	7	1		4		5		

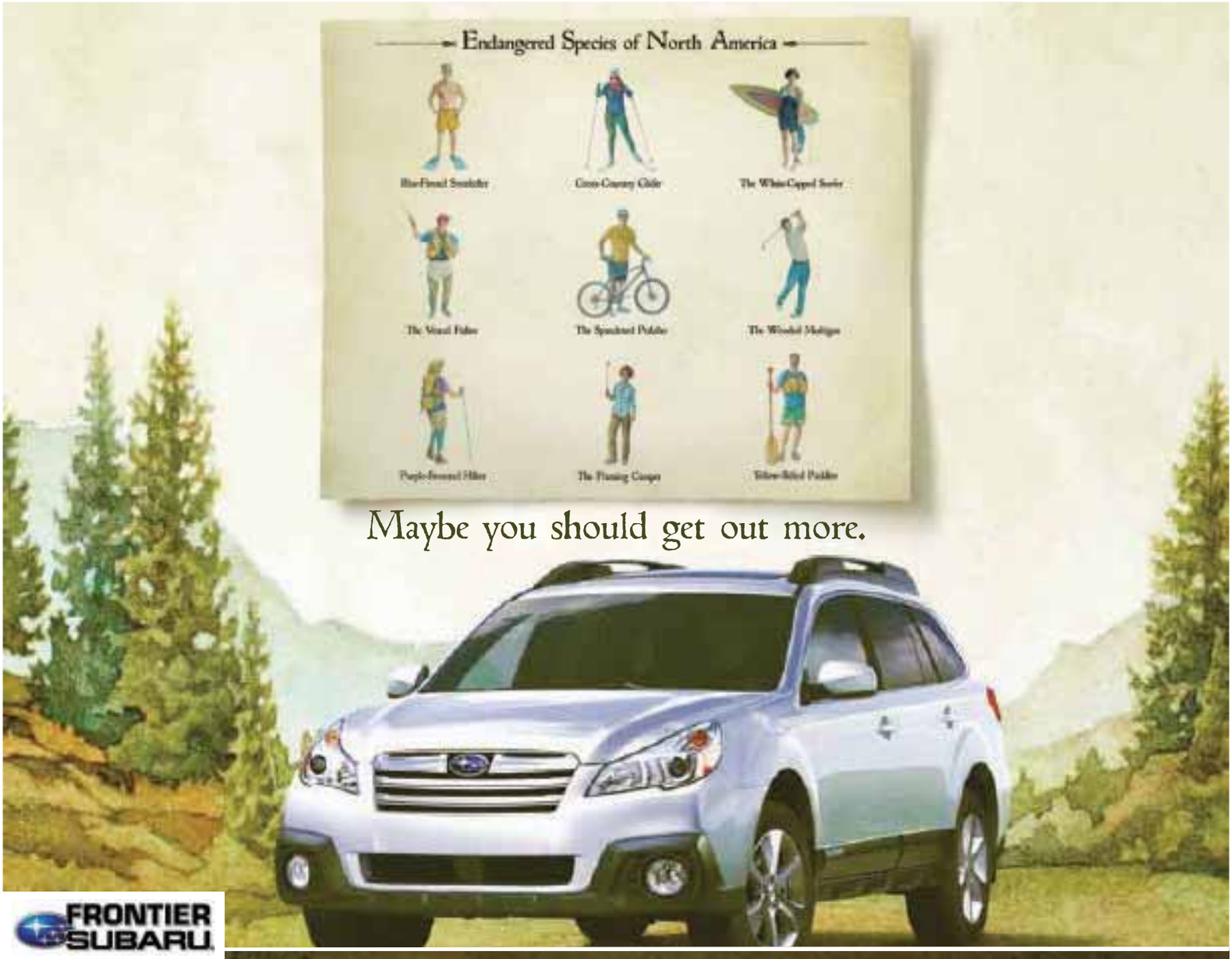
Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 7° MIN: 0°	MAX: 1° MIN: -3°	MAX: 1° MIN: -2°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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